

Friday April 11, 2025*

	Training hall El Circo D'ell Fuego SPRK - Park Spoor Noord											Kunstkaai	Villa Stuivenberg	Wisper	Nova+	
8:15 → 8:45 Welcome																
8:45 → 9:00 Warm-up @ SPRK																
9:30 → 10:45	Flying trapeze Beginners ①	Cyr wheel Beginners ②	Straps Beginners ③	Fixed Trapeze Beginners ④	Chinese pole Beginners ④	Aerial silks Beginners ⑤	Teeter board Beginners ⑥	Maxi trampoline Immersers ⑦	Slackline Beginners ⑧	Aerial silks Beginners ⑨	Floor acrobatics Beginners ⑩	Partner acrobatics Specialists Workshop by Seppe Van Looveren & Charlie Hes- sion (Acro-porté MADness)	Juggling All levels Intensive workshop by Compagnie Defracto Max 20 persons	Physical Theater 12+	Acro-porté Collective Alle levels	
11:00 → 12:15	Flying trapeze Beginners ①	Unicycle Beginners ②	Straps Beginners ③	Fixed Trapeze Immersers ④	Chinese pole Immersers ④	Aerial silks Beginners ⑤	Teeter board Immersers ⑥	Maxi trampoline Beginners ⑦	Slackline Immersers ⑧	Aerial silks Creation All levels ⑨	Hula Hoop Beginners ⑩			Physical Theater 12+	Contemporary Floorwork Immersers	
12:30 → 14:00 Lunchbreak @ Kunstkaai																
14:15 → 15:30		Unicycle Immersers ②	Straps Beginners ③	Trapeze Beginners ④	Chinese pole Immersers ④	Aerial silks Immersers ⑤	Teeter board Beginners ⑥	Teeter board Immersers ⑥	Highline Immersers (starts at 2pm!) ⑧	Aerial silks Creation All levels ⑨	Hand balancing Beginners ⑩	Floor acrobatics Beginners	German wheel Beginners	Jongleren (Kegels) Beginners	Contorsion Alle niveaus by Alice Rende	Hula Hoop Beginners Hand balancing beginners
16:15 → 16:45 Open stage @ SPRK																
17:30 → 18:30 Open training @ SPRK																

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- With reservation, on the day only, at the MAD Convention info desk.
- Workshop led by an artist programmed at MAD Festival!
- Only for participants enrolled in the specialist course Acro-porté MADness.

Saturday April 12, 2025*

Training hall El Circo D'ell Fuego Sprk - Park Spoor Noord											Kunstkaai	Villa Stuivenberg	Wisper	Nova+			
8:15 → 8:45 Welcome																	
8:45 → 9:00 Warm-up @ SPRK OR Ice bath @ Villa Stuivenberg																	
9:30 → 10:45	Flying trapeze Beginners	Unicycle All levels	Straps All levels by Ella Hummel & Helena Jans	Fixed Trapeze Beginners	Chinese pole Immersers	Aerial silks Beginners	Teeter board Beginners	Maxi trampoline Immersers	Slackline Beginners	Aerial silks Immersers	Acro-porté Collective Beginners by Korneel van Duo Nu e.o.	Partner acrobatics Specialists Workshop by Paolo Carolo & Ammanda Christensen (Acro-porté MADness)	Acro-porté Beginners	Contorsion Alle levels by Alice Rende	Physical Theater All levels by Nathan Glaister	Mini trampoline Beginners	
	①	②	③	④	④	⑤	⑥	⑦	⑧	⑨	⑩						
11:00 → 12:15	Vliegende trapeze Immersers	Cyr wheel All levels by Tutti Korti	Straps All levels by Cie Alud	Fixed Trapeze All levels by Luise Hoffman	Chinese pole Immersers	Aerial silks Beginners	Teeter board Immersers	Maxi trampoline Beginners	Slackline Immersers	Aerial silks Creation Beginners	Floor acrobatics Beginners		Juggling All levels	Physical Theater Beginners	Acro dance Immersers		
	①	②	③	④	④	⑤	⑥	⑦	⑧	⑨	⑩						
12:30 → 14:00 Lunchbreak @ Kunstkaai																	
14:15 → 15:30		Cyr wheel Beginners	Straps All levels by Cie Alud		Chinese pole Beginners	Aerial silks Beginners	Teeter board Beginners	Teeter board Immersers	Highline Immersers (starts at 2pm!)	Hand balancing Immersers	Tricking Immersers	Acro-porté All levels	German wheel Beginners	Acro dance Immersers by Jakobe Geens	Juggling (Cones) Beginners	Creative Bring a big sweater All levels	Hand balancing Beginners
		②	③		④	⑤	⑥	⑥		⑨	⑩						
16:15 → 16:45 Open stage @ SPRK																	
17:30 → 18:30 Open training @ SPRK																	

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Sunday April 13, 2025*

Training hall El Circo D'ell Fuego Sprk - Park Spoor Noord												Kunstkaai	Villa Stuivenberg	Wisper	Nova+			
8:15 → 8:45 Welcome																		
8:45 → 9:00 Warm-up @ SPRK																		
9:30 → 10:45	Flying trapeze Beginners ①	Cyr wheel All levels by Tutti Korti ②	Straps Beginners ③	Fixed Trapeze Immersers ④	Chinese pole Beginners ④	Aerial silks Beginners ⑤	Teeter board Beginners ⑥		Maxi trampoline Immersers ⑦	Slackline Beginners ⑧	Aerial silks Creation All levels ⑨	Acro-porté Collective Beginners by Korneel of Duo Nu e.o. ⑩	Partner acrobatics Specialists Workshop by There There Cie (Acro-porté MADness)	Juggling Beginners	Acro dance Beginners by Jakobe Geens	Mini trampoline Beginners		
11:00 → 12:15	Flying trapeze Verdiepers ①	Cyr wheel Beginners ②	Straps All levels by Ella Hummel & Helena Jans ③	Fixed Trapeze Beginners ④	Chinese pole Beginners ④	Aerial silks Beginners ⑤	Teeter board Beginners ⑥	Teeter board Immersers ⑥	Maxi trampoline Beginners ⑦	Slackline Immersers ⑧	Hand balancing Immersers ⑨	Contemporary floorwork Immersers ⑩		Juggling All levels	Fysiek theater All levels by Nathan Glaister	Floor acrobatics Beginners		
12:30 → 14:00 Lunchbreak @ Kunstkaai																		
14:15 → 15:30			Straps Beginners ③	Fixed Trapeze All levels by Luise Hoffman ④		MAD Olympics All levels ⑤ ⑩		Teeter board Immersers ⑥		Highline Immersers (starts at 2pm!) ⑧	Aerial silks Beginners ⑨		Acro-porté Icarian Immersers	German wheel Beginners	Acro-porté Beginners	Contorsion All levels by Alice Rende	Clowning Immersers	Hand balancing Beginners
							Bascule battle 15:30 - 16:00											

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